

# No Need to Fret!



Oh No!

Does your child worry excessively?  
Do worries and fears interfere with  
your child's ability to enjoy a carefree  
childhood that all children deserve?  
Did you know that appropriate and  
timely intervention can  
assist anxious children to grow up  
to be healthy adults?

Successful strategies are provided to help  
anxious children cope with fears and worries.

**Ages 7-11**

**Group 1: Nov 9, 16, 23, 30, Dec 7 & 14, 2017**

**Group 2: Apr 11, 18, 25, May 2, 9 & 16, 2018**

**6:00-7:00 pm**

**Fee: \$100**

**Please call 519-669-8651 for more information**